



Italian Venison-Sausage Sandwiches with Peppers and Onions

READY IN



290 min.

SERVINGS



6

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 0.5 teaspoon ground pepper
- 3 tablespoons wine dry red
- 1 tablespoon fennel seeds toasted
- 1 tablespoon cloves finely chopped (from 5 to 6 medium cloves)
- 2 medium garlic clove finely chopped
- 8 ounces ground beef (15 to 20 percent fat content)
- 1.8 pounds ground venison

- 6 servings kosher salt
- 3 tablespoons olive oil plus more for oiling the grill
- 1 teaspoon oregano dried
- 1 tablespoon paprika
- 1 tablespoon parsley fresh italian finely chopped
- 9 ounces provolone cheese thinly sliced
- 3 medium bell pepper red cut into 1/4-inch-thick slices
- 0.5 teaspoon pepper red
- 6 portugese rolls

Equipment

- bowl
- frying pan
- paper towels
- plastic wrap
- grill
- kitchen thermometer
- aluminum foil
- spatula
- tongs
- grill pan

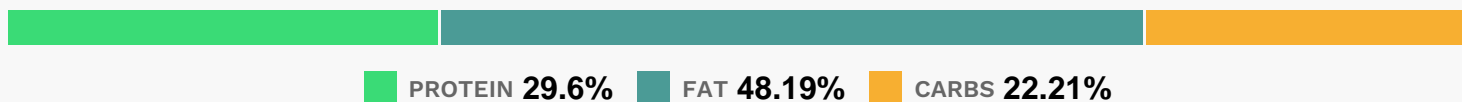
Directions

- Place all of the ingredients in a large bowl and mix with your hands until evenly combined. Cover with plastic wrap and refrigerate until the flavors meld, at least 4 hours and up to 24 hours. For the sandwich: When the sausage is done marinating, heat the measured oil in a large frying pan over medium-low heat until shimmering.
- Add the peppers, onions, garlic, and red pepper flakes. Season with salt and pepper and cook, stirring occasionally, until softened, about 20 minutes. Cover with a tightfitting lid to keep warm and set aside while you cook the sausage patties. Divide the venison sausage into 6

equal portions. Shape each portion into a thin, rectangular patty slightly larger than the hoagie rolls; set aside.

- Heat a grill pan or outdoor grill to medium (about 350°F to 450°F). When the grill is ready, use tongs to rub the pan or grate with several layers of paper towels dipped in olive oil.
- Place the sausage patties on the grill, cover the grill, and cook the patties undisturbed (do not press down on them) until grill marks appear on the bottom, about 2 to 3 minutes. Using a spatula, flip the patties and divide the cheese among them. Cover the grill and continue cooking until the cheese is melted and the patties are just slightly pink in the center for medium (about 140°F to 145°F on an instant-read thermometer), about 2 minutes more.
- Remove to a clean plate and let rest in a warm place or tent loosely with foil. Meanwhile, toast the rolls. When the rolls are ready, place 1 patty on each roll, evenly divide the onion-pepper mixture over the patties, and serve.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:24.12, Inflammation Score:-10, Nutrition Score:37.300869314567%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 721.77kcal (36.09%), Fat: 38.13g (58.66%), Saturated Fat: 15.69g (98.04%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 35.93g (13.07%), Sugar: 7.26g (8.07%), Cholesterol: 162.02mg (54.01%), Sodium: 929.02mg (40.39%), Alcohol: 0.79g (100%), Alcohol %: 0.27% (100%), Protein: 52.7g (105.4%), Vitamin C: 77.72mg (94.2%), Iron: 16.49mg (91.6%), Vitamin B12: 3.9µg (65.06%), Vitamin A: 2995.17IU (59.9%), Zinc: 8.8mg (58.66%), Phosphorus: 564.64mg (56.46%), Vitamin B1: 0.79mg (52.87%), Vitamin B3: 10.04mg (50.2%), Vitamin B6: 1mg (49.81%), Vitamin B2: 0.65mg (38.15%), Calcium: 380.67mg (38.07%), Selenium: 25.45µg (36.35%), Manganese: 0.53mg (26.58%), Vitamin K: 25.48µg (24.26%), Potassium: 791.46mg (22.61%), Vitamin E: 3.36mg (22.41%),

Magnesium: 62.64mg (15.66%), Vitamin B5: 1.54mg (15.4%), Fiber: 3.6g (14.41%), Copper: 0.26mg (13.01%), Folate: 42.33µg (10.58%), Vitamin D: 0.25µg (1.67%)